

The good Hus- wifes Handmaide for the Kitchin.

Containing

Manie principall pointes of Cookerie,
aswell how to dresse meates, after sundrie
the best fashions vsed in England and o-
ther Countries, with their apt and proper
sawces, both for flesh and fish, as also the
orderly seruing of the same to the Table.

Hereunto are annexed, sundrie ne-
cessarie Conceits for the preser-
uation of health.

Which meet to be adioined to the good
Huswifes Closet of prouision
for her Household.



Imprinted at London by Richard

Iones. 1594.



To knowe the due

seasons for the vse of al maner of
meats throughout the yeare.

BRawn is best from holy Rood day
til Lent, and at no other time com
monlie vled for seruice. Bacon, Beeffe
and Mutton, is good at all tymes, but
the worst tyme for Mutton is from
Easter to Midsummer. A fatte yong
Pig is neuer out of season. A Goose is
worst at Midsummer, & best in stub
ble tyme, but they be best of all when
they be yong green Geese. Veale is
all tymes good, but best in Januarie
and februarie. Kidde and yong
Lambe is best betwæen Christmasse
& Lent, & good from Easter to Whit
son tide, but Kid is euer good. Hennes
be all times good, but best fro Alhal
lowontyde to Lent. Fatte Capons be
euer good. Peacocks bee euer in sea
son, but when they be yong and of a
good stature, they be as good as Fea
sants, & so be yong Grouces. Sinets be
best betweene Alhallowen day and

The orderlie season for meats.

Lent. A Mallard is good after a frost,
til Candlemas, so is a Teal and other
wild foule that swimmeth. A Wood
cocke is best from October to Lent,
and so be all other birdes, as Outels,
Thrushes and Robins, and such other.
Herons, Curleues, Crane, Bittour, Buf-
lard, be at all times good, but best in
winter. Feasant, Partridge and Raile,
be ever good, but best when they bee
taken with a Hawke, Quail & Larks
be ever good. Connies be ever in sea-
son, but best from October to Lent. A
gelded Deare, whether he be fallow
or red, is ever good. A Pollard is spe-
ciallie good in May, at Midsummer
he is a Bucke, and verie good till Holy
Wood day before Michaelmas, so like-
wise is a Stagge, but he is principal in
Maye. A barren Doe is best in win-
ter. A Pricket and a Sorell syttee is e-
uer in season. Chickens bee ever
good: and so be young

Pigeons.

The

The goodhuswiues

Handmaid, for Cookerie in her Kitchen, in dressing all maner of meat, with other wholsom diet, for her and her Household, &c.

To boyle Mutton with Mallowes or Turneps.

TAke a necke of Mutton, cut it in ribs, and put it in a pot, and a good quantity of beefe broth, and make it boyle: then take your Turneps or Mallowes, and cut them in peeces, of the bignes of your mutton, then put into your pot a little pepper, and so let them stew till they be verie tender, then take them of, and serue them vpon sops.

To boyle Mutton with Spinage.

TAke your necke of Mutton and cut it in peeces, and put it into a faire pot, and a good quantitie of Mutton broth, and make it boyle: then take sweete Bacon, and cut it of the bignes of your finger, and of the length, and put it in your pot, sixe or seuen peeces: then take three good handfull of Spinage, wash it verie cleane, and wring the water from it, and cut it small, and put it in.

A new booke

pepper grose beaten, and a little sanders, so lay it in fine dishes vpon sops. It will make three messe for the table.

To boyle Mutton with Endiue, Borage, or Lettice, or any kinde of hearbes that may serue thereunto.

When your Mutton is well boyled, take the best of the broth, and put it in a pipkin: and put thereto an handfull of Endiue, borage, or what hearbs you list, and cast therto a few corrans, and let them boyle well, and put thereto a peece of vypper crust of white breade, season it with pepper grose beaten, and a little bergions, and a little Sugar, and so powze it vpon your meat.

To boyle Mutton for a sicke bodie.

Put your Mutton into a pipkin, seeth it, and scum it cleane, and put thereto a crust of bread, Fennell roots, Parsly roots, corrans, great Raifons (the stones taken out) and hearbs, accordiag as the patient is. If they be cold, hot hearbs may be bozne: if they be hot, cold hearbs be best, as Endiue, Sinamon, Violet leaues, and some Syrell: let them boyle together. Then put in Prunes, and a verie litle salt. This is broth for a sicke bodie.

To make balles of Mutton.

Take

TAke your Buttion and mince it very fine with suet. Then season it with sugar Si-
namon, Ginger, Cloues and Mace, Salt
and raw egges, make it in round halles. Let
your broth seeth ere you put them in. Make
your broth with Corrance, Dates quartered,
whole Mace and salt. Thicke it with yolkes
of Egges, and Vergtous, and serue it vpon
soppes.

To boyle a Capon with Oranges after
Mistres Duffelds way.

TAke a Capon and boyle it with Aleale, oz
with a mary bone, oz what your fancie
is. Then take a good quantitie of that
broth, and put it in an earthen pot by it selfe,
and put thereto a good handfull of Corrans,
and as manie Prunes, and a few whole Ma-
ces, and some Marie, and put to this broth a
good quantitie of white wine oz of Claret,
and so let them seeth softly together: Then
take your Oranges, and with a knife scrape of
all the filchinesse of the outside of them. Then
cut them in the midst, and wzing out the
ioyle of thzee oz foure of them, put the ioyle
into your broth with the rest of your stuffe,
then slice your Oranges thinne, and haue vpon
the fire readie a Skellet of faire seething
water, and put your sliced Oranges into the
water

A new booke

water, & when that water is bitter, haue more readie, and so change them still as long as you can finde the great bitternesse in the water, which will be fixe or seuen times, or more, if you find need: then take them from the water, and let that runne cleane from them: then put close Dzenges into your pottle with your broth, and so let them stew together till your Capon be readie. Then make your sops with this broth, and cast on a litle Sinamon, Ginger, and Sugar, and vpon this lay your Capon, and some of your Dzenges vpon it, and some of your Marie, and towarde the end of the boyling of your broth, put in a litle Vergious, if you think best.

To boyle a Capon in white broth.

Boyle your Capon in faire liquoz, and soauer it to keep it white, but you must boyl no other meat with it, take the best of the broth, and as much vergious as of the broth, if your vergious be not too sowze, & put thereto whole Mace, whole pepper and a good handfull of Endiue, Lettuce or Borage, whether of them ye wil, smal Raisons, Dates Marow of marow bones, a litle sticke of Sinamon, the peece of an Dzenge. Then put in a good peece of Sugar, and boyl them well together. Then take two or three yolkes of egges sodden, and

Graine

Strain them and thicke it withal, and boyl your
prunes by themselves, and lay upon your Ca-
pon: powre your broth upon your Capon.

Thus may you boyle anie thing in white
broth.

Another way to boyle a Capon in
white broth.

T Ake Marow bones, breake them, and boyl
them and take out the Marrowe. Then
seeth your Capon in the same liquor. Then
take the best of the liquor in a small pottle to
make your broth withall. Then take Cor-
rans, Dates, and Prunes, and boyle them in
a pottle by themselves, till they bee plum, then
take them up, and put them into your broth,
then put whole Mace to them, and a good
quantitie of beaten Ginger, and some Salt.
Then put the Marrowe that you did take
from the bones, and straine the yolkes of Eggs
with Vinigre, and put them into your broth,
with a good peece of Sugar, but after this it
must not boyl. Then take bread, and cut ther-
of thin sippets, and lay them in the bottome of
a dish, then take sugar, and scrape it about the
sides of the dish, and lay thereon your Capon,
and the fruit upon it, and so serue it in.

To boyle a Capon in brewes.

Pote

A new booke

You must boyle your Capon with fatte meat, then take the best of the broth, and put it in a pipkin, and put whole Mace to it, whole Pepper, some red Corrans, halfe as much white wine as you haue of brothe, good store of marrowe and Dates, and scum them cleane, and keep your liquor verie clear, and season it with bergious and Sugar, and then lay your Capon vpon browes finely cut, and so powze your broth vpon it.

To boyle a Capon with Orenge
or Lemmons.

Take your Capon and boyle him tender, and take a litle of the broth when it is boyled, and put it into a pipkin, with Mace and Sugar a good deale, and pare three Orenge and pill them, and put them in your pipkin, and boyle them a litle among your broth, and thicken it with wine and yolks of Egges, and Sugar a good deale, and salt but a litle, and set your broth no moze on the fyre, for quailing, and serue it in without sippets.

To make Sops for a Capon.

Take tostes of bread, Butter, Claret wine, and slices of Orenge, and lay them vpon the tostes, and Sinamon, Sugar, and Ginger.

To

To make Sops for Chickens.

First take Butter, and melt it vpon a chafin dish with coales, and lay in the dish thinne tostes of breade, and make Sorrell sauce with Vergious and Gooseberries, seeth them with a litle Vergious and lay them vpon.

To boyle a Mallard with Cabage.

TAke the Cabage and pick them cleane, and wash them, and parboile them in faire water: then put them in a colender, and let the water runne from them, then put them in a faire pot, and as much beefe broth as will couer them, and the Marie of thzee Mary bones whole. Then take a Mallard, and with your knife giue him a launce along vpon each side of the breast. Then take him of, and put him into your Cabage, and his dripping with him, so he must be roasted halfe ynough, and his dripping saued, and so let them stew the space of one hower. Then put in some pepper and a litle salt, & serue in your Mallard vpon sops, and the Cabage about him, and of the vppermost of the broth.

To boyle a Mallard with Onions.

TAke a Mallard, rost him halfe ynough, and saue the dripping, then put him into a faire pot,

A new booke

pot, and his graue with him, and put into his bellie sixe or seven whole Onions, and a spoon full of whole pepper, and as much abroad in your pot, put to it as much Mutton broth or beefe broth as will couer the Gallarde, and halfe a dish of sweete butter, two spoonefuls of Vergus, and let them boyle the space of an houre. Then put in some salt, and take off the pot, and lay the Gallard vpon soppes, and the Onions about him, and powre the vppermost of the broth vpon them.

To boyle a Ducke.

Setch the Ducke with some good Harrow bones, or Mutton, and take the best of the broth, and put therein a fewe Cloues, a good manie sliced Onions, and let them boyle well together till the Onions bee tender, and then season your broth with Vergus and a litle bruised pepper: Take vp your Ducke and lay it vpon sops, and giue it two slices vpon the breast, and sticke it full of Cloues, and powre the broth vpon it.

To boyle Stockdoves.

Setch them with Beef or Mutton. Take the best of the broth, and put in a pipkin, and put thereunto Onions finely minced and a few Corrans, and so boyle them till they be very tender, and season them, with ver-
gious

gious and a litle sweet butter, & poluze them
vpon your Stockdowes when they be laid vpon
your sops.

To boyle a Conie with a Pudding
in his bellie.

TAke your Conie and flea him, and leaue on
the eares, and wash it faire, and take gra-
ted bread, sweet suet minced fine, Corrans,
and some fine hearbs, Peniroyall, winter Sa-
uerie, Parslie, Spinnage or Beetes, sweete
Marioram, and chop your hearbes fine, and
season it with Cloues, Pace, and Sugar, and
a litle Creame, and salt, and yolks of Egges,
and Dates minced fine. Then mingle all your
stuffe together, and put it into your rabbets
bellie, and sowe it by with a thred. For the
broth, take Mutton broth, when it is boyled
a litle, and put it in, then put in Gooseberries
or els Grapes, Corrans, and sweete butter,
Uergious, salte, grated breade, and sugar a li-
tle, and when it is boyled, lay it in a dish with
Sops, and so serue it in.

To boyle Chickens or Capons.

First boyle them in faire water till they be
tender. Then take bread and steepe it in
the broth of them, and with the yolkes of
foure or fve Egges, and Uergious or white
Wine, straine it, and therewith season your
broth

A new booke

broth and your Capon in it. Then take Butter, Parslie, and other small hearbs, and chop them into it. And so serue them forth vpon soppes of bread.

To boyle Chickens with a Cawdel.

Take your chickens when they are fair scalded, and trussed and stuffed with Parslie in their bellies, and put them in a pottle with faire water and a litle salte, and put to them twentie Prunes, halfe a handfull of coprans and Raisens, and let them boyle altogether till your chickens bee tender, then take sixe yolkes, and a pynte of Vinegar, and straine them together, and put thereto a quartern of Sugar, or as yee thinke meete, and so let it boyle, but ye must stirre it stil, els it wil curd: and when it boyleth, take it from the fire: then take your chickens, and put them in a colender, that the broth may goe cleane away, and so put your chickens and the fruite into the cawdell, and make soppes, and lay on your chickens and the fruite, and powre on the cawdell.

To seeth Chickens in Lettice.

Take a necke of Mutton with a Harrowe bone, and so let it seeth, and scumme it cleane, and let it boyle well together, and when it is enough, then take out some of it, and straine it,

put in prunes enough, and three Dates, and season him with salt, clewes, and Mace, and a litle Sugar, and pepper, and then serue it out with lippets, and put the Morte vpon them, and the whole Mace lay on the lippets, and the Dates quartered, and the prunes, and the roots cut in round slices, and lay them vpon the lippets also, and the Cabbage leaues lay vpon the Maltard.

To stue a Cocke.

You must cut him in six peeces, and wash him cleane, and take prunes, Currans and Dates cut verie small, and Raisons of the Sun, and Sugar beaten verie smal, Sinamon Ginger, and Nutmegs lyke wise beaten, and a litle Maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muscadell, and then put your spice and Sugar vpon your Cocke, and put in your fruit between euery quarter, and a peece of golde between euery peece of your Cock, then you must make a lid of wood fit for your Pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fil two brasle pots ful of water, and set on the fyre, and make salt the pipkin in one of the brasle pots, so that the pipkins feet touch not the brasle pots bottome, nor the pot sides, and so let them boyle four and twentie houres, and fil

A new booke

by the pot still as it boyles away, with the other pot that stands by, and when it is boyled, take out your gold, and let him drinke it fasting, and it shal help him: this is approued.

To stue a Neates foote.

First let your Neates foot bee scalded and made cleane. Then take Onions, slice them and boyle them well in faire water.

Then take halfe water and halfe wine, so much as neede to serue for the boyling of the Neates foot (which wil be soone enough) and put it in a pipkin. Put therein some Cloues, and a litle whole pepper, and take the Onions out of the water they were sodden in, & put them into the same pipkin, & the Neates foot with them til it be almost enough. Then take a litle Clergious, half a dish of sweet Butter, and a litle Sugar, and let them boyle a litle together, & serue them in vpon Sops.

To make slued pottage in Lent

Take a faire pot, and fil it full of water, and take a saucer full of Oyle Olive, and put it into the pot: then set your pot on the fire and let it boyle. Then take Parslie rootes, and Fennell rootes, and scrape them cleane, then cut them of the bignesse of a Prune, and put them into the pot. Then take bread, and cut it in sops and cast it into a pot of wine: then straine it, and
put

put it in the pot. Then take Rosmarie, Time,
and Parsley, and bind them together, and put
them into the pot: then take Dates, Prunes,
Corrans, and greate Raisens, and wash them
cleane, and put them in the pot. Then season
your pot with Salt, Cloues, Pace, and a litle
Sugar. If it be not red ynough, take Saun-
ders, and colour your pot therewith, looke that
your broth be thicke enough.

To stue Beefe

TAke Beefe and smyte it in peeces, and wash
it in faire water, and straine that water and
put it in the pottle with the Beefe, and boyle
them together. Then take Pepper, Cloues,
Pace, Onions, Parsley and sage, cast it thereto
and let it boyle together: Then make licquor
with bread and thicke it: and so let it seethe a
good while after that the thicking is in. Then
put in Saffron, Salt and vinegar, and so serue
it forth.

Another way to stue Beefe.

Boil your flank of beef very tender, till the
broth bee almost consumed, then put the
broth into a pipkin, & put to it Onions, car-
ret roots shred smal, being tender sodden before
and pepper groce beaten, Tergious, and halfe a
dish of sweet butter, and so lay it vpon.

To make brine to keepe Larde.

TAke faire Water and white Salte, and all

A new booke

to stirre them with a staffe a good pzetie while:
then lay the Lard in it one night and one day to
soake out the bloud of the Lard. Then make
new bzine in lyks maner, and beate it, untill the
time that the salt is consumed, and then it will
be cleare: that done, put the bzine in a pzetie tub
that hath a couer wel fastened, then lay in your
Lard, and keep it vnder bzine with splines, then
couer the tub close: and thus ye may keepe the
Lard white and sweet two or thre yeaes, with
change of Bzine when need shall require.

To make Manger Blaunche

Take half a pound of Rice berie cleane picked
and washed, then beat it verie fine, and searle
it thzough a fine searle, and put the finest of it in
a quart of Morningg milke, & straine it thzough
a strainer, and put it in a faire pot, and set it on
the fyze, but it must be but a soft fyze, & still stir
it with a broad stick. And when it is a litle thicke
take it from the fyze, and take the brawne of a
berie tender Capon, and pull it in as small pee-
ces as ye can, and the Capon must bee sodden in
faire water, and the brawne of it must be pulled
as small as a horse haire with your fingers, and
put it into the milke which is but halfe thicke-
ned, and then put in as much sugar, as ye thinke
will make it sweet, and put in a dozen spoonfulls
of good Rosewater, and set it to the fyze again,

and stir it well, and in the stirring, all to beate it with your sticke, from the one side of the pan to the other, and when it is as thicke as pap, take it from the fyre, and put it in a faire platter, and when it is cold, lay three slices in a dish, and call a litle sugar on it, and so serue it in.

To sowce a Pigge

You must take White wine, & a litle Sweet broth, and halfe a scope of Nutmegs cut in quarters: Then take Sweete Margeram, Rosemary, Baies, and Thyme, and let them boyl all together, scum them verie cleane: and when they be boyled, put them in an earthen pan, and the Syrop also: and when ye serue them, a quarter in a dish, and the Baies and Nutmegs on the top.

Of baked meates

To make Paste, and to raise Coffins.

Take fine flower, and lay it on a board, and take a certaine of yolkes of Egges as your quantitie of flower is, then take a certaine of Butter and water, and boyl them together, but ye must take heed ye put not too many yolks of Egges, for if you doe, it will make it drie and not pleasant in eating: and yee must take heed ye put not in too much Butter for if you doe, it will make it so fine and so short that you cannot raise. And this paste is good to

A newe booke

raise all maner of Coffins: Likewise if ye bake Venison, bake it in the paste above named.

To make fine Paste a nother way.

TAke Butter and Ale, and seeth them together: Then take your flower, and put there into three Eggs, Sugar, Saffron, and salt.

To make short paste in Lent.

TAke thick Almond milke seething hot, and so wet your flower with it: and Sallet oyl fryed, and Saffron, and so mingle your past altogether, and that will make good paste.

To bake Venison, or Mutton in
stead of Venison.

TAke leane Venison or Mutton, and take out all the sinewes, then chop your flesh verie small, and season it with a litle pepper and salt, and beaten Cloues, and a good handful of Fenel seeds, and mingle them all together. Then take your Lard, and cut it of the bignesse of a goose quill, and the length of your finger, and put it in a dish of Vinegar, & all to wash it therein. Then take meale as it doeth come from the mil, and make paste with colde water, and see that it be verie stiff: then take a sheet, and make a laying of the minced flesh vpon the sheet, of the breadth that your Lard is of length, then make a laying of your Lard vpon your flesh, and let your Lard be one from another, the breadth
of

of one of the peeces of the Larbe, and so make
four layings of Lard, and three layings of flesh
one upon another, so presse it downe with your
hands as hard as you can for breaking the paste
and cast in a handfull of Pepper and salt, & bea-
ten Cloues, so close up your paste, & let it bake
two houres.

To make sweete pies of Veale.

Take the Veale and perboyle it verie tender, then
chop it small, then take twise as much beefe
suet, and chop it small, then mince both them
together, then put Corrans and minced Dates
to them, then season your flesh after this man-
ner. Take Pepper, salt, and Saffron, Cloues,
Mace, Synamon, Ginger, and Sugar, and sea-
son your flesh with each of these a quantitie,
and mingle them altogether. This done take
fine flower, Butter, Eggs, and Saffron, & make
your paste withall as fine as you can, and make
your pie with it, and when it is made, fill it
with your stufes. Then put upon your pie,
Prunes, Corans, Dates, a litle Sugar, and
yolkes of Eggs hard. Then couer your pie and
set it on a paper, and set it in the Oven, and let
it bake sokinglie, if it be scortcht about lay a
paper double on it.

To make Chewites of Veale.

A newe booke

Take a leg of Veale and perboyle it, then mince it with beefe suet, take almost as much of your suet as of your Veale, and take a good quantity of Ginger, & a litle Saffron to colour it Take halfe a goblet of white wine, and two or thzee good handfull of grapes, and put them all together with salt, and so put them in Coffins, and let them boyle a quarter of an houre.

To make Chewets, another way.

Take a litle Veale and slice it, and perboyle it then take it vp, and presse it in a sayze cloth, then mince it very fine, take Corance and dates and cut them very small, take some mary or suet, and the yolkes of thzee or foure Egges, and pepper, salt, and Mace, fine beaten, and the crums of bread fine grated: the mingle al these together, and put in suet enough, and they will be good pies.

To make Chewets in Lent.

Take a fresh Cele and flea it, and cut off the fish from the bone, mince it small, and pate two or thzee wardens, & mince them lykewyse small, as much of them as of the Cele or Opsters, and temper them together, and season it with Ginger, Pepper, Cloues, Mace and salt, and a litle collour it with Saunders, and put Corrans and pynes, and minced great raisons and Dates, as you doe to the other pies of flesh when

When it is halfe baked put them out, and put to it a litle vergious. And if your Gelly be not fat, put to it a litle Gallet Oyle fried with some sweet flowers or hearbes; if yee put a litle Rosewater and salt it is good, but if you haue any fat of fish it is better than Oyle.

To make Oyster Chewets.

Take a peck of Oysters, & wash them clean. Then shell them, and wash them in a Colender faire and clean, then seeth them in faire water a litle, and when they bee sodden, strain the water from them, and cut them smal as pie meat, season them with a litle pepper, a peniworth of Cloues and Pace, a peniworth of Sinamon and Ginger, a peniworth of Sugar, a litle Saffron and salt: then take a handfull of Coprans, five Dates minced small, and mingle them altogether. Then make your paste with a quantitie of fine flower, ten yolks of Egges, a quantitie of Butter, with a litle Saffron and hopped water, then raise up your Chewets, and put in the bottom of your Chewets a litle Butter, and call upon them Prunes, Dates, and Coprans, so close them and bake them: let not your Oven be too hot, for they would haue but litle baking. Then drabe them, and put in euerie of them two spoonfulls of Vergious and butter, and so serue them in, &c.

A new booke

To make special good pies ether
of Mutton or Veale

Let your meat bee perbopled, and mince it
verie fine, and then your suet by it self: and
after put to the meat, and mince them well
together, then put thereto five or six yolkes of
Eggs, being hard sodden and minced, smal Cor-
rans, Dates fine minced: season it with Syna-
mon, Ginger, Cloves, and Pace, a handfull of
Carowayes, sugat and Uergious, and some sale
and a litle Pepper, and so put it into your paste,
whether they be Chewices or Crunk pies.

To make paste, and to bake
Chickens.

TAke water, and put in a good peece of but-
ter, and let it seeth as hot as you can blow
off your Butter into your flower, & break
two yolkes of Egges, and one white, and put in
a good peece of Sugar, and colour your paste
with Saffron, then shall it be thort. Then take
your Chickens, and season them with Pepper,
sale, Saffron, and great Rasens, Cloves, Pace
Corrans, Prunes, and Dates, then close them
up, and make a litle hole in the midst of the lip.
Then set it in the Oven, and to make syrope
for the same pie, take Palsmeie, Cream, and
two yolkes of Egges, and beate them toge-
ther,

ther, and put in Syonanton and Sugar, and when the Pie is almost baked, then put in the Syrop, and let them bake together.

To bake Chickens in Summer.

Cut off their feete, trusse them in the Cof-
fins. Then take for euerie Chicken a good
handful of Gooseberies, and put into the
pie with the Chickens. Then take a good quan-
tie of Butter, and put about euerie Chicken in
the pie. Then take a good quantitie of Sina-
mon and Ginger, and put it in the pie with salt
and let them bake an houre, when they bee ba-
ken, take for euerie pie a yolke of an Egge, and
halfe a goblet full of Vergious, and a good quan-
titie of sugar, and put them all together into the
pie to the Chickens, and so serue them.

To bake Chickens in Winter.

Cut off their feet, and trusse them, and put
them in the pies, take to euerie pie a cer-
tain of Coxrans or Prunes, & put them in
the pie with the Chickens. Then take a good
quantitie of Butter to euery chicken, and put
in the pie: then take a good quantitie of Ginger
and salt, and season them together, & put them
in the pie, let it bake the space of an houre and a
halfe, when they be baken, take sauce as is afore
said, and so serue them in.

To bake Chickens with Damsons.

Eake

A new booke

TAke your Chickens, brayne them and wash them, then breake their bones, and lay them in a platter, then take foure handfulls of fine flower, and lay it on a faire board, put thereto twelue yolks of Eggs, a dish of butter, and a litle Saffron: mingle them altogether, & make your paste therewith. Then make sixe coffins, and put in euery coffin a lumpe of butter of the bignesse of a Walnut: then season your sixe coffins with one spoonfull of Cloues and Mace, two spoonfulls of Cynamon, and one of Sugar, and a spoonefull of Salt. Then put your Chickens into your pies: then take Damisons and pare away the outward peeke of them, and put twentie in euery of your pies, round about your chicken, then put into euery of your coffins, a handfull of Corrans. Then close them vp, and put them into the Ouen, then let them be there thre quarters of an houre.

To bake a Turkie.

TAke and cleane your Turkie on the backe, and bruisse all the bones: then season it with salt, and pepper groue beaten, and put into it good Roze of butter: hee must haue five houres baking.

To bake a Fesant.

TRusse him like a Hen, and perboyle him, then set him with cloues, then take a litle Clergi-

ous and Saffron, and colour it with a feather, then take Salt, Pace, and Ginger to season it, and so put it in the paste, and bake it till it bee halfe enough. Then put in a litle Alergious, and the yolk of an Egge beaten together: then bake it till it be ynough.

To bake a Capon in steed of a Feasant.

Cut off his legs and his wings, and after the manner of a Feasant trusse him short, then perboyle him a litle, and Larde him with sweet Lard: so put him into the coffin, and take a litle pepper and salt and cast about him. And take a good halfe dish of butter and put into the coffin, so let him bake the space of foure houres and serue it forth cold in steed of a Feasant. So lykewise bake a Feasant.

To bake Red Deare.

You must take a handfull of Fennell, a handfull of winter Sauoye, a handfull of Rosemarie, a handfull of Tyme, and a handfull of Bate leaues, and when your liquour seethes that you perboyle your Venison in, put in your herbs also, and perboyle your Venison till it be half ynough, then take it out, & lay it vpon a faire board that the water may run fro it, then take a knife and prick it full of holes, and while it is warme, haue a faire traie with Vineger therein, and so put your Venison therein from morning

A new booke

ning untill night, and euer now and then turne it vpside downe, and then at night haue your coffin readie, and this done, season it with Synammon, Nutmegs and Ginger, Pepper and salt, and when you haue seasoned it, put it into your coffin, and put a good quantitie of Sweet Butter into it, & then put it into the Oven at night, when you goe to bed, and in the morning draw it forth, and put in a saucer full of Vinegar into your pie at a hole aboue in the top of it, so that the Vinegar may run into euery place of it, and then stop the hole againe, and turne the bottome vpward, and so serue it in.

To bake Venison,

PErboyle your Venison, then season it with Pepper and salt, somewhat gorse beaten, and a little Ginger, and good stoze of Sweete Butter. Add when the Venison is tender baked: put to it halfe a dozen spoonfulls of Claret wine, and shake it wel together.

To bake a Crane or a Bustard,

PErboyle him a litle, then Lard him with Sweet Lard, and put him in the coffin. Take Pepper and salt, a good quantitie, and season them together, and cast vpon it. Then take Butter, and put in the coffin, let it bake three houres.

To bake a Mallard,

First trusse them, and perboyle them, and put them into the coffin: then season them with Pepper and salt, and four or five Onions peeled and sliced, and put them altogether, with a good peece of sweet Butter vnto the Mallard and so let them bake two houres, and whē they be baked, put in halfe a goblet of Clergious for euery Mallard, and so serue them.

To bake a wilde Boare.

Take thre parts of water, and the fourth part of white wine, and put therto salt, as much as shall season it, and let it boyle so til it be almost ynough: then take it out of the brothe, and let it lie till it be thorough cold: Then Larde it, an lay it in course pastie, in pasties,, and then season it with Pepper, salt, and Ginger, & put in twise so much Ginger as pepper. And when it is halfe baken, fill your pasties with white wine, and all to shake the Pastie, & so put it into the Duen againe, till it be enough, Then let it stand fve or sixe dayes, or euer that you eate of them, and that tyme it will be better good meat.

To bake wild Duckes.

Dresse thē fair, & perboyl them, then season thē with pepper & salt, a few whole cloues amongst them, and Onions small minced, and sweet butter, Clergious, and a litle Sugar
To

A new booke

To bake Calues feet.

Take Calues feet and seeth them tender, pull off the haire, then slit them, and make your paste fine, and when you haue made your coffin, before you put in your feet, take great Raisons and mince them small, and plucke cut the kernels, and drawe them in the bottome of your pie: then season your feet with Pepper, Salt, cloves and Mace, then lay in the feet, and draw Coxrans on them, and Sugar, and a good peece of Butter in it, and close it vp, and make a litle hole in the lid, and when it is almost baked y^e enough, put in a melle of Clergious, and so serue them.

To bake Calues feet after the French fashion.

Take the feet, pull off all the haire, and make them cleane, and boyle them a litle till they be somewhat tender, then make your paste, and season your Calues feet with pepper, Salt, and Synamon, and put them in your paste, with a quantitie of sweet Butter, Parsley and Onions among them, so close it vp, and set it into the Duen til they be halfe baken. Then take them forth, and open the crowne, and put in more butter & some Vinegar, so let them stand in the Duen til they be thoroughlie baken.

For to bake a Pigge,

Flea your Pigge, and take out all that is within his bellie cleane, and wash him well, and after perboyle him, then season it with Pepper, Salt, Nutmegs, Mace, and cloues, and so lay him with good store of Butter in the paste: Then set it in the Ouen till it be baked ynough.

To bake a Pig like a Fawne.

TAke him when he is in the haire, and flea him, then season it with pepper & salt, cloues and Mace: then take Claret wine, Bergious, Rosewater, Sugar, Synanon, and ginger, and boyle them all together: then lay your Pigge flat lyke a Fawne or a Kid, and put your Syrop vnto it, with a litle Sweet Butter, and so bake it leysurelie.

To bake a Neats toong.

Setch the toong halfe ynough, and blanch it, and cut it in two, then scoretch it, and season it with pepper and salt, and put it in a coffin, and a good quantitie of marrow with it, and when it is almost baken, put in some red wine and Sugar.

To bake an Hare.

TAke your Hare and perboyle him, and mince him, and then beat him in a morter very fine liuer and all, if you will, and season it with all kind of Spices and salt, and doe him together

D

with

A new booke

with the yolkes of seuen or eight Egges, and when ye haue made him vp together, draw lard berie thicke through him, and mingle them all together, and put him in a pie, and put in butter befoze ye close him vp.

For to bake a Gammon of Bacon.

Boyle your gammon of Bacon. and stufte it with Parsley and Sage, and yolks of hard Eggs, and when it is boyled, stufte it and let it boyle againe, season it with Pepper, Cloues, and Mace, sticke whole Cloues fast in it: Then lay it so in your paste with salte butter, and so bake it.

To make a rare Conceit, with
Veale baked.

Take Cleale and smite it in litle peeces, and seeth it in faire water, then take Parsley, Sage, Illope and Sauorie, and shred them small, and put them in the pot when it boyleth. Take powder of Pepper, Canel, Mace, saffron, and salt, and let all these boyle together till it be ynough. Then take vp the flesh from the broth, and let the broth coole, when it is colde, take the yolkes of Egges with the whites, and straine them, and put them into the broth, so manie till the broth be stiffe ynough, then make faire Coffins, and couch three peeces or foure in one coffin of the Cleale: and take Dates min-
led

then again, and let it bake a good while, when it is baken drawe it forth, & cast Sugar & Rosewater vpon it, and serue it in.

To make a Tart of Cherries, when the stones be out, another waye.

Setth them in White wine or in Claret, and strain them thicke: when they be sodden: then take two yolks of Egges & thicken it withall: then season it with Synamon, Ginger, and Sugar, and bake it, and so serue it.

To make a Tart of Damsons.

Setth the Damsons in Wine, & straine them with a litle Cream: then boile your stuffe ouer the fier till it be thicke, put there to Sugar, Synamon, and Ginger, so syzed them on your paste, but set it not in the Ouen after, but let the paste be baken before.

To make a Tart of Egges.

TAke twentie yolks of Eggs, and half a pound of butter, and straine them al together into a plater: then put two good handfuls of Sugar in it, sixe spoonfuls of Rosewater, and stirre them altogether. Then make your paste with two handfuls of fine flower, and sixe yolkes of Eggs, and a quarter of a dish of Butter: then make your Tart, and put your stuffe therein, and lay your Tart vpon a sheete of Paper, and so put it into the Ouen, and when that it is baked
prough

A new booke

ynough, then drawe it out of the Duen, and cast a litle sugar on it, and so serue it forth.

To make a good Tart of Creame.

TAke a quart of Creame, and put in twelue yolks of Egges, and a litle Saffron, strain them. Then put it in a pot and boyle it, but all the tyme it standeth on the fyre it must be stirred with a sticke for burning. Also ere ye boyle it, ye must put a good dish of Butter in it, when it is boyled, put in your Sugar, as much as wil make it sweet: Then make your paste with Butter, Egges, Sugar, with a litle Saffron and fine flower, and make your Tart with it, and drie it in the Duen, and when it is drie, put in a litle Rosewater and Butter, then fill your Tart with the stuffe, when it is strained, so bake it, and when it is baked, sprinkle a litle Rosewater and Sugar, and a litle Butter molten vpon it.

To make a Tart of Prunes.

You must seeche the Prunes with Wine, then straine them, and season it with Sugar, so bake it with paste, and first prick it in the bottome if that you will boyle your stuffe vpon a Chasingdish, then the lesse baking afterward wil serue it.

To make a tart of Spinnage.

TAke some cast creame, and seeth some Spin-
nage

nage in faire water till it be verie soft, then put it into a Collender, that the water may soake from it: then straine the Spinnage, and cast the creame together, let there be good plentie of Spinnage: set it vpon a chafingdish of coales, and put to it Sugar and some Butter, and let it boyle a while. Then put it in the paste, and bake it, and caste blanch powder on it, and so serue it in.

To make a tarte of Veale

TAke two kidneys of Veale and bzoyle them, then take off all the skin, and chop the fat verie small, and put two yolks of Eggs, a handfull of Cozrans, sixe Dates cut small, two handfull of Sugar, a spoonfull of Salte, a spoonefull of Synamon, halfe a spoonfull of Ginger, foure spoonfulls of Rosewater, chop them altogether, then make your Tart of fine paste, and fill it with your stufte: then close it with a couer, and strike vpon the lid of your Tart butter that is molten, and cast fine Sugar vpon it, as you do to a Marchpane, let not your Ouen be too hot, for it asketh but litle baking.

To make a tarte of Cheese

MAke your Tart, and then take Banberie Cheese, and pare away the outside of it, and cut the cleane cheese in small peeces and put them into the Tart, and when your

C Tart

A new booke

Tart is full of Cheese : then put two hand-
fuls of sugar into your Tart vpon your cheese,
and cast in it fve oz stre spoonfuls of Rosewa-
ter, and close it vp with a couer, and with a sea-
ther lay sweet molten Butter vpon it, and fine
Sugar, and bake it in a soft Ouen.

To make a tarte of Almonds

Blench Almonds and beat them, and straine
them fine with good thicke Cream, then
put in Sugar and Rosewater, and boyle it
thicke: then make your paste with Butter, fair
water, and the yolke of two or thre Eggs, and
as soone as yee haue driven your paste, cast on a
litle Sugar, and Rosewater, and harden your
paste afore in the Ouen. Then take it out, and
fill it, and set it in againe, and let it bake till it
be well, and so serue it.

To make a tarte of Medlers

Take Medlers that be rotten, & straine them
then set them on a chalingdish of coales, and
beate it in two yolkes of Egges, and let it boill
till it be somewhat thicke: then season it with sy-
namon, Ginger and sugar, and lay it in paste.

To make a tarte of HIPPES

Take HIPPES, slit them, and pick out the ker-
nels : then sceth them in white wine, or in
faire water, when they bee soft sodden, straine
them as thicke as you can, and season them with

Synna

Synamon, ginger & sugar, and lay it in paste.

To make a Curde tarte.

TAke Creame, yolks of Eggs, white bread, seeth them together, then put in a sawcer full of Rosewater or Malmesey, and curd it: and put it into a cloath, when all the whey is out, straine it, and put in Synamon, Ginger, salt, and Sugar, then lay it in paste.

To make Lumdardy tartes.

TAke Beets, chop them small, and put to them grated bread and cheese, and mingle them wel in the chopping, take a few Corianders, and a dish of Sweet Butter, & melt it then stir al these in the Butter, together with three yolks of Eggs, Synamon, ginger, and sugar, and make your Tart as large as you will, and fill it with the stufte, bake it, and serue it in.

To make a tarte of bread.

TAke grated bread, and put to it molten Butter, and a litle Rosewater and Sugar, and the yolkes of Eggs, and put it into your paste, and bake, and when you serue it, cut it in four quarters and call sugar on it.

A Tarte to prouoke courage either
in man or Woman.

TAke a quart of good wine, and boyle therein two Burre rootes scraped cleane, two good Quinces, and a Potatou roote well pared,

and

A new booke

and an ounce of Dates, and when all these are boyled verie tender, let them be drawne throggh a strainer wine and al, and then put in the yolks of eight Eggs, and the braines of thzee or foure cocke Sparrowes, and straine them into the o-ther, and a litle Rosewater, and seeth them all with Sugar, Sinamen and Ginger, and cloues and Mace, and put in a litle Sweet Butter, and set it vpon a chafingdish of coales betweene two platters, and so let it boyle till it be something big.

To make a tart of Gooseberries.

TAke Goseberies, and perboyle them in white or Claret Wine, or strong Ale, and withall boyle a litle white bread: then take them vp, & draw them thzough a strainer as thicke as you can with the yolkes of fire Eggs, then season it vp with Sugar, and halfe a dish of Butter, and so bake it.

Rosted meates.

To make Allowes of Mutton.

TAke faire Mutton, & cut it thin in flakes then take faire Parsley, Onions, yolkes of Eggs, sodden Egges, marrow, or sweet suet, chop all these together, and so rolle it vp with the Mutton, and roste it.

To roste a Gygot of Mutton.

CAt the fleshy of a leg of Mutton, take out the bone

bone, and take the flesh that you cut forth, and chop it small, and put thereto yolkes of Egges, Cloues and Mace, Cozrans, Rosemarie, Parsley. Time and some suet, and mingle them altogether, and put them into a bag and solve it by, and so roste it.

To roste a Hare.

First wash it in faire water, then perboyle it and lay in cold water againe, then larde it, and roste it on a broch. Then to make sauce for it, take red Vinigar, Salt, Pepper, Ginger Cloues, Mace, and put them together. Then minse Apples, and Onions, and frie them in a pan: then put your sawce to them with a litle Sugar, and let them boyle wel together, then baste it vpon your Hare, and so serue it forth,

To roste a Calues head.

Make a litle hole in the head, and pluck out all the braines, and lay the head to soake: then to make a pudding in it, take White bread, and lay it to soake in milke, and straine it thicke, then take foure yolkes of Egges, cloues, Mace, Pepper, Saffron, cozrans, Dates, and a good quantitie of Butter, make a good Pudding, and fill the head full: then take the bone, and stop the hole, and when it is almost ynough, cast crummes of bread on it: then cleaue it, and make sawce to it with Synamon, Sugar, ginger,

A newe booke

ger, and Vinegar, and boyle them all together, and then you may serue it forth.

To roste a Capon, Pheasant, or Partridge.

Roste a Capon with his head off, his wings and legges on whole: and your Pheasant in like sort: but when you serue him in, sticke one of his feathers vpon his brest. And in lyke maner you must roste a Partridge, but stick vp no feather.

To roste Venison.

Let your Venison be perboyled, then make it tender, and cast into it colde water, then Larde it, and roste it, and for sauce: take broth, Vinegar, Pepper, Cloues and Mace, with a litle salte, and boyle all these together, and so vpon your Venison serue it.

To roste a Quale.

Let his legs be broken, and knit one within another, and so roste him.

To roste a Crane, Heron, Curlew, or Bitture.

Roste a Crane with his legs turned vp behind him, his winges cut off at the ioynt next the bodie, and then wind the necke about the body, and put the bill into his brest, the Heron Curlew, and Bitture after the same maner, but let the Bittures head be off.

To roste a Plouer or a Snite.

TAke and roste a Plouer with his head off, and his legges turned vppward vpon his backe, but the Snite with his bill put into his breast, and his legges turned vppward vpon his breast.

To roste woodcocks.

PLucke them, and then draw the guts out of them, but leaue the liuer still in them, then stuffe them with Larde chopped small, and Juniper berries, with his bil put into his breast and his feet as the Snite, and so roste him on a Spit, & set vnder it a faire large pan, with white wine in it, and chopped Parsley, Tingar, Sale, and ginger. Then make tostes of white bread, and toste them vpon a Griddyron, so that they be not burnt: then put these tostes in a dish, and vpon them lay your woodcocks, and put your sawce being the same broth vpon them, and so serue them forth.

For Fische.

To make fine Rice pottage.

TAke halfe a pound of Iorden Almonds, and half a pound of Rice, and a gallon of running water, and a handful of Oke barke, and let the barke be boyled in the running water, and the Almonds beaten with the hulles and all on, and so strained to make the Rice pottage withal.

To make good Lenton pottage.

E 4

Take

A newe booke

TAke Eeles, and flea them, and cut them in Culpins, and caste them into a pot of faire water, and take Parsley and Onions, and shred them together not too small, & take cloves Mace, powder of Pepper, and Synamon, and cast it thereto, and let them boyle together a while: also take a good portion of Wine, & thicke pest, and put it thereto, and let it boyle together a while. Then take Saffron, salt, and Vinegar, and cast it thereto, and serue it for good pottage

To seeth a Pike.

TAke white wine, faire water Vinegar, and a little pest, or els a few gooseberies, boyl these together, and before ye seeth your Pike, lay it in Vinegar and salt, this is a good broth.

To seeth a Carp.

You must take Red wine, and the bloud of the Carp, and a litle Vinegar and salt, and let it lie in this a while. Then seethe your Carpe in it, and put Pepper halfe broken in it, and a peece of sweet Butter, and make your soppes therewith and serue it in.

To seeth a Gurnard.

You must open your Gurnard in the backe, and faire wash and seethe it in water and salt, with the fishie side vprward: and when it is sodden well, you may take some of the best of your broth if you will, or els a litle faire water,

cer, and put to it newe yest, a litle Uergious, Parslie, Rosemarie, a litle Time, whole Hace, and a peece of sweet Butter: and let it boyle in a pipkin by it selfe till it be well boyled, and then when you serue in your Gurnard, poure the same bzoth vpon it.

To seeth fresh Salmon.

TAke a litle water, and as much Beere and Salt, and put thereto Parsley, Time, and Rosemarie, and let all these boyle together: Then put in your Salmon, and make your bzoth sharpe with some Vinigar.

To seeth a Breame.

PUt White Wine into a pot and let it seeth, then take and cut your Breame in the midst, and put him into the pot: then take an Onion and chop it small, then take Nutmegs beaten, Synamon and Ginger, whole Hace, & a pound of Butter, and let it boyle all together and so season it with salt, serue it vpon sops, and garnish it with fruit.

To seeth Roches, Flounders, or Eeles.

MAke ye good bzoth with newe Yeast, put therein Uergious, Salt, Parsley, a litle Time, and not much Rosemarie and pepper. So set it on the fyre and boyle it, & when it is wel boyled, put in Roches, Flounders, Eeles, and a quantitie of sweet Butter.

To

A new booke

To seeth Stocke fish.

TAke Stockfish and water it well, and then put out all the baste from the fishe, then put it into a pipkin, and put in no more water then shall couer it, then set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fyre, and as soone as it beginneth to boyl on the other side, take it off and put it into a Colender, and let the water run out from it, but put in salte in the boyling of it, then take a litle faire water and sweete Butter, and let it boyl in a dish vntil it be something thicke, then poure it on the Stockfish, and so serue it in.

To seeth a Dorye or a Mullet.

MAke your broth light with yest, somewhat sauerie with salt, and put therein a litle Rosemarie, and when it seethes put in your fish, and let it seeth very softly. Take faire water and Uergious a like much, and put thereto a litle new Yest, Corrans, whole Pepper, and a litle Mace, and Dates shred verie small, and boyle them well together. And when they be well boyled, take the best of your broth that your fish is sodden in, and put to it strawberries, Gooseberries, or Barberties, sweete Butter, and some Sugar, and so season vp your broth, and poure vpon your Dorye or Mullet.

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To stew Herringes.

TAke Ale, and put therein a few Onions small cut, & a spoonfull of Mustard, great Raisons and saffron, & thicke it with grated bread: if you wil haue puddings in them, take the soft rowes of the Herrings, & stamp them with a litle thicke Almond milke, and put thereto some Dates or Figs minced, cloues, Mace, Sugar saffron, and salt, and some Cozrans, and grated bread.

To roste a peece of stockfish.

TAke a quarter of Stockfish, and a litle grated bread, and a litle Creamie, & foure yolks of Eggs, a few Dates minced, with Cozrans synamon, Ginger, and a litle pepper, and so lay it to the fyre, & baste it well with Butter and Vinigar, & some Sinamon & Ginger in your butter, wherewith you baste it, and so serue it.

To bake fish.

To make Heringpics.

TAke Herringes and crush them in your handes, so shall ye loose the flesh from the skinne, saue the skinne as whole as ye can, and scrape off all the fish, that none be left therupon. Then take a pound of almonds, or as manie as ye be disposed to make, blanche them, and stampe them, and in the stamping of them, put in one soft rowe, and one harde rowe, and siue or sixe Dates, and a spoon

A new booke

Spoonfull or two of grated bread, and a pint of Muscadell to grinde them withall, but yee may not grind them to fine, nor may not make them too moist with your muskadell, but somewhat stiffe, that you may fill the skinned of your Herrings, Then take Rosewater, and a litle Safiron, to colour Almonds withall, when yee haue ground them. Then put in foure Dates, and cut them fine, and a handfull of Corrans, and a litle Sugar: then make fine paste, and roll it as thinne as you can, and strawe thereon a good deale of Sugar, then put your Herrings therein, and bake them.

To bake a Carpe.

Take off the scales, and take forth the gall, and with Cloues, Mace, and salte, season it, and take Corrans and Prunes, and put about the Carp, and take Butter, and put it vpon him and let him bake two howres.

To bake a ioll of fresh Salmon.

Take Ginger and salt, and season it, and certaine Corrans, and cast them about and vnder it, and let the paste be fine, and take a litle Butter and lay about it in the paste, and set it in the Oven two houres, and so serue it in.

To bake a Breame.

Scale it, and take Cloues, Mace, and Salt, and put it in fine paste. Then take Corrans
and

and set about it, and a good quantitie of Butter, and put it into the bellie of the Bream, and about it: let it bake two howres.

To bake a Gurnard with Ecles.

TAke certaine Ecles and a Gurnard, and put them into your Coffin, & take cloues, Mace, and salt, and caste a litle into the bottome of your coffin. Then take the Ecles and lay them about the Gurnarde, and the residue of your spice cast about it, and take a quantitie of Corrans and Prunes: let it bake thre houres.

To bake a Trout.

WASH it a litle, and take two or thre Ecles, a few Cloues, Mace, ginger, and Salt, and season the Trout and the Ecles together, and put them in the coffin together, and a few Corrans about it, and a quantitie of Butter, and let them bake an houre and a halfe.

To make a good Marchpane.

First, take a pound of long smal Almonds, blanch them in colde water. Then take a cloth and drie them as dry as you can. Then stampe them small, and put no liquor to them but as you must needs to keepe them from oyling, and that litle that ye put to them must bee Rosewater, in lyke maner you shoulde but wet your Pestels end therin, for feare of putting too much

A new booke

much liquor therein: and when you haue beaten them fine, take half a pound of Sugar or more, and see it be beaten smal to powder, but it must be fine Sugar, & then put it to your Almonds, and beate them altogether: when they be beaten, take your wafers and cut them compasse round of the bignesse that you will haue your Marchpane of. Then as soone as you can after the tempering of the stuffe, let it be put in paste of wafers. and strike it abroad with a flat sticke of wood as even as ye can, and pinch the verie stuffe as if it were an edge set on them, put a paper vnder it, & then set it vpon a faire heerd, and lay a Lattine bason vpon it, the bottome vppward. Then lay burning coales vpon the bottome of your bason, and euer anon lise vp your bason to see how it baketh: and if it happen to be browne, or to browne too fast in some places, fold paper as broad as that place is, and this well tended, ye shall bake one in litle more than thzee quarters of an houre: when it is baked, put on your gold and your biscuits, and sticke in long Comfits, and then shall ye make a good Marchpane: But befoze that ye bake it, yee must cast on it fine Sugar and Rosewater, and that will make him to crispe like unto yse, likewise you must haue a hoope for to make your Marchpane in,

To make good Restons.

Take a quart of fine flower, lay it on a faire boord, and make an hole in the middest of the flower with your hand, and put a sawcerfull of Ale Yest therein, and ten yolkes of Egges, and put therto two spoonefulls of Synamon, and one of Ginger, and a spoonfull of Cloues and Mace, and a quarterne of Sugar fine beaten, and a little Safron, and halfe a spoonefull of Salt. Then take a dishfull of Butter, meit it and put into your flower, and therewithall make your paste as it were for Panchets, and moule it a good while and cut it in peeces the bignes of Ducks Egges, and so moule euerye peece as a Panchet, and make them after the fashion of an Ackorn broad aboue, and narrow beneath. Then set them in an Ouen, and let them bake thzee quarters of an howze. Then take fine dishes of Butter and clarifie it clean vpon a soft fire: then draw forth your Restons forth of the Ouen, and scrape the bottoms of them faire and cut them ouerthwart in foure peeces, and put them in a faire charger, and put your clarified butter vpon them. Then haue powder of Synamon and Ginger readie by you, and Sugar verie fine. And mingle them altogether, and euer as you set your peeces thence, together cast some of your sugar, Synamon & ginger vpon

A new booke

on them, and when you haue set them all vp, lay them in a faire platter, and put a litle butter vpon them, and cast a litle sugar vpon them, and so serue them in.

To make a Vaunt.

Take marrow of Beefe, as much as you can hold in both your hands, cut it as big as great dice. Then take ten Dates, cut them as big as smal dice: then take thirrie Pynes, and cut the fruite from the stones, then take halfe a handfull of Cozrans, washe them and picke them, then put your marrow in a cleane platter, and your Dates, Pynes, and Cozrans: then take ten yolks of Eggs, and put into your stufte afore rehearsed. Then take a quartern of Sugar, and more, and beat it smal and put to your marow. Then take two spoonfuls of Synamon, and a spoonful of Sugar, and put them to your stufte, and mingle them all together, then take eight yolkes of Eggs, and four spoonfuls of Rosewater, straine them, and put a litle Sugar to it. Then take a fair frying pan, and put a litle peece of butter in it, as much as a Walnut, and set it vpon a good fire, and when it looketh almost blacke, put it out of your pan, and as fast as you can, put halfe of the yolkes of Eggs, into the midst of your pan, and let it run all the bredth of your pan, and frie it faire and yel-

yellow, and when it is fryed put it in a faire dish, and put your stuffe therein, and spread it al the bottome of the dish, and then make another baunt euen as you made the other, and set it vpon a faire boorde and cut it in faire slices, of the bzeadth of your litle finger, as long as your Taunt is: then lay it vpon your stuffe after the fashion of a lettice window, and then cut off the ends of them, as much as lyeth without the inward compasse of the dish. Then set the dish within the Duen or in a baking pan, and let it bake with leisure, and when it is baken ynough the marrow will come faire out of the baunt, vnto the bzim of the dish. Then draw it out, and cast thereon a litle sugar, and so you may serue it in.

To make Friars.

Take thre handfull of flower, seuen yolkes of Egges, and half a dish of Butter, make your paste therewith, and make two Chewets therof, as you would make two Carts, and when it is driuen verie fine with your rolling pin, then cut them in peeces of the bignesse of your hand. Then take a quartern of sugar, and one ounce and foure spoonfulls of Synamon, and halfe a spoonfull of Ginger, and mingle them altogether, then take lumps of marrow, of the quantitie of your finger, and put it on your pee-

A new booke

ces of paste afoze rehearsed, and put vpon it two spoonfulls of your Sugar and spices: then take a litle water and wet your paste therewith: then make them euen as ye woulde make a pastie of Venison: then pricke them with a pin, and frie them as ye frie frittors, when they be fried, cast a litle sugar on them, and so serue them in.

To make frians in Lent.

TAke Halsome Geles and see they be fat, and cut the fish from the bone, and mince it smal, and a Marden oz two with it. Then season it with Pepper, salt, Cloues, mace, and Saffron: then put to it Currans, Dates and Prunes, smal minced, and when your fruit is altogether then poure on a litle Vergious and cut it in litle peeces, and so bake it, & put a peece of Butter in the midst of the peeces to make it moist, so close it, and bake it.

To make Snowe.

TAke a quart of thicke cream, and five oz six whites of Eggs, a sawcerfull of Sugar, and a sawcerfull of Rosewater, beate all together, and euer as it riseth take it out with a spoone: then take a loafe of bread, cut away the crust, and set it vpight in a platter. Then set a faire great Rosemarie bush in the middelt of your bread: then lay your snow with a spoon vpon your Rosemary, & vpon your bread, & gilt it.

To

To make a good Gellie.

First, take foure Calues feet, and scald off the haire of them: then seeth them in faire water till they be tender. Then take out your feet, and let your broth stand till it be cold: then ye shall take of cleane the feet from it, and then put Claret wine and a litle Malmesey to it: if ye haue a pottel of Gellie water: then put to it a quart of wine, and a pint of Malmesey, then season it with salt, and put thereto one pound of Sugar, one ounce of Ginger, one ounce and a halfe of Sinamon, twelue Cloues, twelue pepper cornes, and a litle Saffron, so boyle all together: then take a good sawcerful of Vinegar, and lay your turnsell therein: and then put it to your Gellie, till it be somewhat keeled, then put in your whites of Egs, and let all these boile together. Then set all these by, and within a while let it run through your bag.

To make Gellie both white
and redde.

TAke foure Calues feete, scalde them verie cleane, and cut them in the middelt, and as necre as ye can, take away all the fat clean out of the ioints, and let the feete lie in faire water foure or fise houres, & change the waters often. Then take a cleane pot, and put your feete in it: and put to them thre quarters of fair water, and

A new booke

Scum it verie cleane, euer as anie fat doeth rise let it be taken away, and so let it seeth till the thirde part of your liquoz be sodden away, and your feet very tender, then take it from the fire and let the liquoz run through a strainer into a faire earthen pan, and set the pan in some colde place that it may be stiffe: and when it is stiffe, take a sharp knife and cut away the vppermost of the gellie as thin as you can then deuide your gellie in the pan, and put it in two earthen pots: take thre vnces of Synamon large, and wash it verie cleane: then breake it of the bignesse of a penie. Take of case ginger almost an ounce and pare it cleane, then cut it as much as if you would eat it with figs: then take two Nutmegs and cut them in foure or fve peeces: and put al this in one of your pots, and put thereto a pound of Sugar, as ye thinke good, and put thereto a sawcerfull of white Vinigar, and a litle faire white salt, faire picked, and verie clean: then set your pot in a soft fyre, and so let it stue, but not seeth, and let the pot be couered very close, when it hath stued a while, with a spoone assay it whether it be flashy in the mouth, if it be, put in a litle moze Synamon, and if it be hot of the spice, put in a pinte of white Wine, and let it stue a while. Then take the pot from the fyre, and let it stand till it be between hot and colde: the take
the

the whites of ten Eggs, and beat them well, and put them into the pot, but see that your liquor be not too hot, nor too cold, when you put them in. Then set your pot to the fyre againe, & when the Eggs be hardened, with a spoone take them cleane off, and set the pot from the fyre, ere yee take off the whites. Then haue your gellie bag clean, and hang it in a faire place, and put in the bottome of your bag a litle Bargeram, and so let it run thzough your bag thzee oz four times oz moze, if neede require, but keepe alwayes a cleane cloth ouer the mouth of your bagge, then cast your dishes, when all is runne out, be well ware ye haue no duste when it runnieth, oz when ye shall cast it, and haue a litle fyre beside your bagge, when it is running, make your red gellie of your other pot, and season it as yee did the white gellie, and doo thereto in the putting in of the Eggs as ye did before. But for the Augmegg ye must take twentie cloues bzuised, and beware ye make not too deep a collour of your Turnesall at the first, but take of it by litle and litle at once, and put in the bottome of your bag a litle Rosemary, & to vse it els in euery thing as ye vled the white.

To make Gellie with flesh.

TAke knuckles of Ueal, and cut the ioints all to peeces, and lay them in faire water the

A newe booke

space of an houre, then wash them cleane, and lay them in faire water againe the space of halfe an houre. Then take a faire pot and put your flesh in it: then fill your pot with Claret wine and water, and set it to the fyre, and scum it as cleane as ye can: then let it boyle as softly as ye can, for the sooner it is boyled the longer it will be ere it come to a Gellie: therefore it muste boyle but softlye, when it is boyled, straine the liquor into a fair bolle, and when it is cold, take off the grease that lyeth vpon it: then take of the clearest of the stuffe, and put it in a faire pot and seeth it, and then put in your Sugar: then take Synamon, graines, Cloues, long Pepper, Nutmegs, and Ginger, of each of these a quantitie, then bruiſe them, and searce out the small spices, and put the greatest into your pot, when it boyleth, put in whites of Eggs beaten: Then take a scummer and scum them as they rise, and drie your Turnesall by the fyre, and rub it cleane, and collour your Gellie therewith, then take your bag, and put Rosemarie in the bottom of it, and hang it by the fyre side, and let your gellie runne two times through your bag into a faire vessell.

To make Gellie with Fish.

Take Tenches and scalde them, and draine them and wash them cleane: then put your
Tench

Tenches into a faire pot: then take white wine
or Claret, and fill your pot therewith: then take
Ilenbras as much as ye think best. Then take
your pot and set it on the fire, and let it boyl the
space of an hower and a halfe: then take it from
the fire, and let your liquoz run thzough a strai-
ner, then let your liquoz stande till it be cold.
Then order it in euerie point as yee did the o-
ther befoze, that is made with flesh.

All necessaries appertaining to
a Banquet.

Synamon, Sugar, Nutmegs, Pepper, Saf-
fron, Saunders, Coleander, Anniseeds, Li-
cozas, all kind of Comfets, Dzenzes, Pome-
granate, Toznesall, Lemmans, Pzunes, Coz-
rans, Barberries conserued, Paper white and
brown: seeds, Rosewater, Raisons, Rie flow-
er, Ginger, Cloues and mace, Damaske water,
Dates, Cherries conserued, sweete Dzenzes,
Wafers for your Marchpanes, seasoned and
unseasoned, Spinnedges.

To make a Tyssan.

TAke a pinte of Barley beeing picked, spzin-
kled with faire water, so put it in a faire
stone moztar, and with your pestell rub the bar-
ley

A newe booke

ley, and that will make it tuske, then picke out the barley from the huskes, and set your barley on the fyre in a gallon of faire water, so let it seeth til it come to a portel. Then put into your water, Succory, Endiue, Cinkefoyle, Violet leaues, of each one handfull, one ounce of Anni-seed, one ounce of Liquoris bruised, and thirtie great raisons, so let all this geare seeth till it come to a quart: then take it off, let it stand and settle, and so take of the clearest of it, and let it be strained, and when you haue strained the clearest of it, the let it stand a good pretie while. Then put in foure whites of Eggs al to beaten, shels and all, then stir it well together, so set it on the fyre againe, let it seeth, and euer as the scum doeth rise take it off, and so let it seeth a while: then let it run thzough a strainer oz an Ipocras bagge, and dzinke of it in the morning warme.

To clarifie Whey.

TAke the ioyse of Fumetorie, halfe a pinte of the ioyse of Borage, of Endiue, of the tending of hoppes, of each of them a quarter of a pinte, the put al these ioyles to a pottle of whey, with thzee whites of Egges beaten, and with Sugar sufficient: then boyle them on an easie fire, take away the scum of it as it riseth, and when it is cold let it run thzough a faire strainer:

ner, take thereof euery morning halfe a pinte, and before supper as much. This wil pure your bloud, and will continue good foure dayes.

To make fillets Gallentine.

TAke faire Pork, and take off the skin and roste it half ynough, then take it off the spit, and smite it in faire peeces, and caste it in a faire pot: then cut Onions, but not too small, and frie them in faire suet, put them into the Porke, then take the broth of Beefe or Mutton, and put thereto, and set them on the fyre, and put thereto powder of Pepper, Saffron, Cloues and Mace, and let them boyle wel together. Then take faire bread and Vinigar, & steep the bread with some of the same broth, straine it, and some bloud withall, or els Saunqers, and collour it with that, and let all boyle together, then cast in a litle Saffron and salte, and then may you serue it in.

To make Gallantine.

TAke tostes of white bread, boyle them on a chafingdish of coales, with vinigar, when it hath soaked afoze in the vinegar, and in the boyling put in a bzance of Rosemary, Sugar, Synamon and Ginger, straine it, and serue it.

To make tostes of Veale.

TAke the kidneyes, choppe them verie small, then put to it foure or fve yolks of Egges, thre

A new booke

three spoonfulls of Sugar, a litle synamon and Ginger, a spoonfull of Cozrans cleane washed and picked, choppe them alltogether, then make sops of stale white breade, and lay your stufte vpon them, and take a frying pan and a dish of Sweet Butter in it, and melt it: then put in your tosts and fry them vpon a soft fyze: then lay them in a dish, and cast sugar on them, your fyze must be be aie soft, or els they will burne.

To make an Apple Moye.

Take Apples, and cut them in two or foure peeces, boyle them till they be soft, and bzuise them in a morter, and put thereto the yolks of two Eggs, and a litle Sweet butter, set them on a chafingdish of coales, and boyle them a litle, and put thereto a litle Sugar, synamon and Ginger, and so serue them in.

To make Pescods.

Make your past with fine flower, and yolks of Eggs, make it short and dziue it thinne.

Then take Dates, Cozrans & marrowe, and cut them lyke Dice, and season them with salt because of the marrow a litle: then put in Synamon, Sugar and Ginger, make your past as you doe for the Friars in Butter or Suet, & serue them in.

To make Pescods another.

Take

TAke Apples, and mince them small, take Figs, Dates, Corrans, great Raisons, Sinnamon, Ginger, and Sugar, mince them, and put them all together, and make them in litle flat peeces, and frie them in Butter and Dyle.

Pettie seruices.

TAke faire flower, Saffron, & Sugar, make thereof paste, and make thereof coffins, and take the yolkes of Eggs tried from the whites, and see the yolks be all whole. Then lay three or foure Eggs in the coffin, and two or three peeces of marrow: then take powder of Ginger, Sugar, and Corrans, and roll the marrowe in it, and put all in the pie, and couer it, or bake it in a pan.

To make Spanish balles.

TAke a peece of a leg of Mutton, and pare away the skin from the flesh, chop the flesh verie small: then take marrow of beefe, and cut it as big as a hazell nut, & take as much of marrow in quantity as ye haue of flesh, and put both in a faire platter, and some salt, and eight yolks of Eggs, and stirre them wel together: then take a litle earthen pot, and put in it a pint, and a halfe of beefe broth that is not salt, or els Mutton broth and make it seeth: then make balles of your stufte, and put them in boyling broth
one

A new booke

one after another, and let them stew softly the space of two two houres. Then lay them on sops thre or foure in a dish, and of the vppermost of the broth vpon the sops, and make your balles as big as tennis balles.

To make balles of Italie.

Take a peece of a legge of Veale, parboyle it, then pare away all the skin and sinewes and chop the Veale verie small, a litle salt and pepper, two yolks of Egges hard rosted, and seuen yolkes rawe, temper all these with your Veale, then make balles thereof as big as walnuts, and boyle them in beefe broth, or mutton broth, as ye did the other befoze rehearsed, and put into your broth ten beaten cloues, a race of Ginger, a litle Clergious, foure or fve lumpes of marrowe whole, let them stew the space of an howze. Then serue them vpon sops, eight or nine in a dish, and betwixt the balles you must lay the lumpes of marrow.

To make Almond butter after the best and newest manner.

Take a pound of Almonds or more, as ye wil, blanch them in cold water, or in warme, as ye may haue leysure: after the blanching, let them lie an howze in colde water: then stampe them in fair cold water as fine as ye can: then put your Almondes in a cloth, and gather your cloth

cloth round vp in your hands, and presse out the milke as much as you can, if ye thinke they bee not small ynough, beat them againe, and so get out milke as long as you can. Then set it on the fyre, and when it is ready to seeth, put in a good quantitie of salt, and Rosewater, that will turne it, and after that it is in, let it haue one boyling, and then take it from the fyre. and caste it abroade vpon a linnen cloth, and vnderneath the cloth, scrape off the whey as long as it will runne. Then scrape together the butter into the midst of your cloath, and binde the cloth together, and let it hang so long as it will drop. Then take peeces of Sugar, as much as yee think wil make it sweet, and put thereto Rosewater a litle, as much as wil melt the Sugar, and fine powder of Saffron, as ye think wil colour it, and let both your Sugar and Saffron steepe together in that litle quantitie of Rosewater, & with that season vp your butter when you will make it.

To make Ipocras.

TAke of chosen Sinamon two ounces, of fine Ginger one ounce, of Graines halfe an ounce of Nutmegs halfe an ounce, bzuise them al, and stampe them in thzee or foure pintes of good & differous wine, with a pound of Sugar, by the space of four and twentie houres: then put them
into

A new booke

into an Ipocras bag of woollen, and so receiue the liquor. The readiest and best way is to put the spices with the pound of Sugar, & the wine into a bottell, or a stone pot stopped close, and after xxiii. houres it will be ready, then cast a thin linnen cloth, and letting so much run thzough as ye will occuyle at once, and keepe the vessell close, for it will so well keep both the spirite, odour, and vertue of the wine, and also spices.

To make Ipocras another way.

TAke a gallon of wine, an ounce of Synanon two ounces of Ginger, one pound of Sugar, twentie Cloues bzuisd, and twentie cornes of pepper big beaten, let all these soake together one night, and then let it run thzough a bag, and it will be good Ipocras.

To make Eggs vpon sops.

TAke Eggs and potche them as soft as ye can, then take a fine manchet, and make soppes thereof, and put your sops in a dish, and put bergious thereto and Sugar and a litle Butter: then set it to the fire, and let it boyl: then take your eggs and lay them vpon your sops, and cast a litle chopt Parslie vppon them, and so serue them in.

To make Egges in Lent.

TAke Hennes Egges, and put out cleane the white and the yolk. Then wash your shell clean,

clean, and take Almond milke, and seeth it with Mlonglas, or of the broth of a Pike or a Tench, and when it is sodden, take it off, but before yee take it from the fyre, ye must season it with sugar and salt, and fill your Egge shels before the milke be colde. Then make a hole in the Egge above, and cut out so much of the white as yee will make your ysiks, then collour your milke that ye left afoze with Saffron, like the yolk of an Egge, and fill vp the hole againe therewith, and let it stand till it be occupied.

To make caste Creame.

TAke milke as it cometh from the Cow, a quart or lesse, and put thereto rawe yolks of Egges, temper the milke and the Egges together. Then set them so tempered vpon a chafingdish of coales, and stirre it stil, and put Sugar to it, and see it curd not, and it will be lyke Creame of Almonds: when it is boyled thicke ynough, then caste a litle sugar on it, and sprinckle Rosewater vpon it, and so serue it in.

To make cast Creame another way.

TAke the milk that is milked ouer night, and scum off the Cream: then take the milk and sixe whites of Eggs, straine them together, and two yolks of Eggs mingled together, and boyle them altogether vntill they turne to a Curde, then put thereto a quantitie of Aergious,
and

A new booke

and then it wil turne : then take the same, and put it in a linnen cloth, and hang it vpon a pin a litle while, and let the whey run from it. Then take it downe and straine it into a platter, and season it with a litle Rosewater and Sugar, and so serue it.

To make clowted Cream after Mistres
Horsmans way.

When you haue taken the milke from the Kine, straight set it on the fire, but see that your fyre be without smoake, and soft fire, and so keepe it on from morning till it be night, or nigh thereabout, and ye muste be sure that it doeth not seeth all that while, and ye must let your milke be set on the fyre, in as broad a vessell as you can. Then take it from the fire, and set it vpon a board, and let it stande al night: thē in the morning take off the cream, and put it in a dish, or where ye wil.

To make Creame of Almonds.

TAke thicke Almond milke, and seeth it a litle, then take it from the fyre, and corne it with salt and Vinigre. Then caste it in a cloth, and with a litle knife scrape in vnder the cloth, and there will come out whey. Then put the Creame together in the midst of the cloth, and hang it on a pin, and let more whey drop out, till ye thinke it be well. Then put it in a vessell,
and

and put to it sugar plentie, if it hang too long that it be too drie : then temper it with sweete wine, and dresse it if you will with smal raisons and lay it lyke moztrels, or els put it abroad, and lay Borage leaues vpon it, or els red comfets, and so serue it in.

To make a good posset curde.

TAke your milke and set it on the fyre, and let it seeth, put in yolks of Eggs according to the quantitie of your milke. But see that your Eggs be tempered with some of the milke ere ye put them to the milke that is on the fire, or els it will fall together and mar all, and yee must stirr it still til it seeth and begin to ryle. Then take it off from the fyre, but before yee take it off, haue your drinke readie in a fair bason, on a chafingdish of coales, and powre the milke into the bason as it standeth ouer the chafish with fyre, so couer it, and let it stand a while. Then take it vp and cast on Synamon and sugar, and so serue it in.

Mistresse Drakes way to make soft Cheese
all the yeare through, that it shall
be lyke rowen Cheese.

TAke your milke as it commeth from the Cow, and put it in a vessell til it be cold, then take as much faire water, and set it on the fire, when your water is warm, put so much of your
water

A new booke

water is warme, put so much of your water in-
that milke as wil warme the milk. Then take
a Spoonesfull of runnet and moze, and put into
your milke, and make your Cheese, and put it
into a faire cloth, and so put it into the presse, &
turne it in the presse often, and wype it with
faire clothes as often as ye turne it.

To make Fritters.

TAke a pinte of Ale, and foure yolkes of
Egges, and a litle Saffron, a Spoonesfull of
Cloues and Mace, and a litle salte, and halfe a
handfull of Sugar, put all this in a faire plat-
ter, and stirre them all together with a spoone,
and make your batter thereof. Then take ten
Apples, pare and cut them as big as a groate,
put them in your batter: then take your suet &
set it on the fyre, & when it is hot, put your bat-
ter & your Apples to your suet with your hand
one by one, and when they be faire and yelow,
take them out, and lay them in a faire platter,
and let them stand a litle while by the fyre side
Then take a faire platter, and lay your frittozs
therein, and caste a litle Sugar on them, and so
serue them in.

To make Curde Frittors.

TAke the yolks of ten Eggs, and bzeake thē in
a pan, & put to them one handfull of Curds,
and one handfull of fine flower, and straine them
all

all together, and make a batter, and if it be not thicke ynough, put moze Curdes in it, and sale to it. Then set it on the fyre in a frying pan, with such stiffe as ye will srie them with, and when it is hot, with a lable take parte of your batter, and put of it into the panne, and let it run as smal as you can, & stir the with a stick, and turne them with a scummer, & when they be fair and yellow fryed, take them out, and cast Sugar vpon them, and serue them sooeth.

To make Fritters with marrow.

TAke thzee handfuls of fine flower and moze, and lay it in a faire platter, and put thereto sixe yolkes of Eggs, and almost a pint of Ale, and a good handfull of Sugar, and two spoonfull of Synamon, and a spoonfull of Ginger, and halfe a spoonefull of Cloues and Mace, a litle salt, and a litle Saffron to collour it withall. Then take a spoone, and stirre all these foresaid things together, and make your Batter therewith: then take your marrowe, and cut it of the big- nesse of a groat: then haue a frying pan readie with sweet suet therein, and set it to the fyre, and when it is hot, dip your marrow in the but- ter, and put it into the pan peece by peece, and euer be stirring them with a stick, and when they be fryed, take the out of your pan with a scum- mer, and lay them in a fayre platter, and take

A new booke

Sugar, Synamon and Ginger, and cast vpon them, and so serue them in.

To make stocke Frittors,

TAke an handfull of marrow, or the kidneyes of a Calfe, chop them small. Then take ten yolks of Eggs, and put them to your marrow or kidneyes. Then take a handfull of Coprans, and wash them cleane, put them to your stuffe, and take ten Dates and cut them smal, and put them to your stuffe, and take two handfull of grated bread, two spoonfull of Ginger, and one spoonfull of Synamon, and a spoonfull of cloues and Hace a quarter of Sugar and a litle Saffron, and mingle your spices and stuffe together in a faire platter: then take two handfull of fine flower, and sixe yolks of Egges, and make your batter therewith with Ale and Saffron. Then make of your stuffe afoze rehearsed litle pillles as bigge as a walnut. Then haue a fryng pan readie with faire suet therein vpon the fyre, and when it is hot, dip your pillles into your batter, and put them into your fryng pan, & fry them as ye would frie frittors, and that done, put the in a platter, and cast a litle Synamon, Sugar, and Ginger on them, and so serue them in.

To make Frittors with Apples.

TAke fine flower, and temper it with Butter and a litle salt, and make a Batter, and take
a very

a very litle Saffron to colour your batter with-
all, and when your batter is made, straine it
thzough a strainer, then cut your apples of the
bignesse of a grote, and put them to your batter
then put your suet to the fyze, and when it is
hot, put a peece of your Apples to your suet, and
if it ryle quicklie, then your stuffe is well seaso-
ned, if it abide in the bottome, then it is not
halfe ynough: therefore when it riseth from the
bottome, fill your pan one after another as fast
as ye can, and when they are faire coloured,
tak them out with a scummer, and put them in
a platter, and alwayes whiles they are in the
pan stirre them with a sticke, and looke that pee
haue liquoz ynough. Then take your frittors,
and put them in a faire platter, and then scrape
Sugar ynough vpon them.

To make Frittors of Spinage.

TAKE a good deale of Spinnage, and wash
it cleane, and boyle it in faire water, and
when it is boyled, put it in a Collender, and
let it coole. Then wzing all the water out of it
as neere as ye can, lay it vpon a board, and chop
it with the back of a chopping knife verie smal,
and put it in a platter, and put to it four whites
of Eggs, and two yolks, and the crums of halfe a
manchet grated, and a litle Synamon & Gin-
ger, and styre them well together with a spoon

A newe booke

and take a frying pan and a dish of sweete Butter in it, when it is molten put handsomly in your pan halfe a spoonefull of your stuffe, and so bestowe the rest after, fry them on a soft fyre, and turn them when time is, lay them in a platter and cast sugar on them.

To make Pancakes.

TAke new thicke Creame a pinte, foure or five yolks of Eggs, a good handfull of flower, and two or thre spoonfulls of ale, strain them altogether into a faire platter, and season it with a good handfull of Sugar, a spoonefull of Synamon, and a litle Ginger: then take a frying pan, and put in a litle peece of Butter, as big as your thombe, and when it is molten browne, cast it out of your pan, and with a lable put to the further side of your pan some of your stuffe, and hold your pan aslope, so that your stuffe may run abroad ouer all the pan, as thin as may be: then set it to the fyre, and let the fyre be verie soft, and when the one syde is baked, then turne the other, and bake them as vye as ye can without burning.

To make good white puddings.

See that your liuers bee not too much parboyled. Then take of the liuers and lights, and let them bee picked and chopped with knives, then stamp them in a mortar, & straine them

through a Collendor, and put some milke to it, to help to get it through, then put foure or fve Eggs and bat fve whites, and put in crums of bread, Cloues, Mace, Saffron, Salt, and some Pepper, and sweet fuet small minced, and let there be ynough of it, and so fill fill them vp, and to black puddings, Oremeale, milk & salt.

To make Puddings,

T Ake grated bread, the yolks of fixe Eggs, a litle Synamon and Salt, Cozrans, one minced Date, and the fuet of Butto: minced smal, knead all these together, and make them vp in litle balles, boyle them on a chafingdish with a litle Butter and Vinigar, cast Synamon and Sugar thereon, and so serue them in.

To make Ising puddings.

T Ake a platter full of Oremeale grotes clean picked, and put thereto of the best Creame sodden that ye can get, blood warme, as much as shall couer the grotes, and so let them lie and soake thzee houres, or somewhat moze, till they haue drunke vp the Cream, and the grotes swollen and soft withall. Then take fixe Egges whites and yolkes, and straine them faire into your grotes: then take one platterfull and a half of beefe fuet, the skin cleane pulled from it, and as small minced as is possible. So that when ye haue minced it, you muste largelie haue

A newe booke

one platterfull and a halfe, & rather moze than lesse: then mingle these wel among your grotes then season them with some salt and some Safron: & if ye will put in Cloues and Mace: then fill your Puddings, but not too full, and see they be faire washed and sweet, and beware yee pull not away too much of the fat within, for the fatter they be within, the better it is for the Puddings: also if ye finde too much Creamie left among the grotes, after they haue lyne foure houres: then put out part of it, and so seeth vp your puddings.

To make a Tansey.

TAke a litle Tansey, Fetherfew, Parsley, and Violets, and stampe them all together, and straine them with the yolkes of eight or tenne Egges, and thzee or foure whites, & some Verriuous, and put thereto Sugar and salt, and frie it.

To make a Tansey another way.

TAke halfe a handfull of Tansey, of the yongest ye can get, and a handfull of yong Borage, Strawberry leaues, Lettice, and Violet leaues, and wash them cleane, and beate them very small in a moztar: then put to them eight Egges whites and all, and sixe yolkes besides, and straine them all together through a strainer: then season it with a good handfull of Sugar,

gar, and a Nutmeg beaten small. Then take a frying pan, and halfe a dish of sweete Butter, and melt it: then put your Eggs to it, set it on the fyre, and with a sawcer, or with a ladle, stir them til they be halfe baken: then put them into a platter, and all to beate them still till they be very small: then take your frying pan made cleane, and put a dish of sweet Butter in it, and melt it: then put your stuffe into your pan by a spoonefull at once, and when the one syde is fryed, turn them and frie them together: then take them out, lay them in a platter, and scrape Sugar on them.

To make a Tansey in Lent.

TAke all maner of hearbs, and the spawne of a Pike, or of anie other fish, and blanched Almonds, and a few crums of bread and a litle faire water, and a pinte of Rosewater, and mingle altogether, and make it not too thin, and frie it in Oyle, and so serue it in.

The making of fine Manchet.

TAke halfe a bushell of fine flower twice boulted, and a gallon of faire luke warm water, almost a handfull of white salt, and almost a pinte of yest, then temper all these together, without any more liquoz, as hard as ye can handle it: then let it lie halfe an hower

A new booke

hower, then take it vp, and make your Manchetts, and let them stande almost an hower in the ouen. Remozandum, that of euery bushell of meale may be made fise and twentie casse of bzead, and euerie loafe to way a pounce besyde the chesill,

The making of manchets after my
Ladie Graies vse,

TAke two peckes of fine flower, which must be twice boulded, if you wil haue your manchet verie faire: Then lay it in a place where ye doe vse to lay your dowe for your bzead, and make a litle hole in it, and take a quart of faire water blood warme, and put in that water as much leauen as a crab, or a pretie big apple, and as much white salt as will into an Egshell, and all to bzeake your leuen in the water, and put into your flower halfe a pinte of good Ale yest, and so stir this liquoz among a litle of your flower, so that ye must make it but thin at the first meeting, and then couer it with flower, and if it be in the winter, ye must keepe it verie warm, and in summer it shall not need so much heate, for in the Winter it will not rise without warmeth. Thus let it lie two howers and a halfe: then at the second opening take moze liquoz as ye thinke will serue to wet al the flower. Then put in a pinte and a halfe of good yest,

and

and so all to breake it in short peeces, after yee haue well laboured it, and wrought it fūe or sixe tymes, so that yee bee sure it is throughe mingled together, so continue labouring it, till it come to a smooth paste, and be well ware at the second opening that yee put not in too much liquoz sodenlie, for then it wil run, and if ye take a litle it will be stiffe, and after the second working it must lie a good quarter of an hower, and keep it warme: then take it vp to the moulding board, and with as much speede as is possible to be made, mould it vp, and set it into the Ouen, of one pecke of flower ye may make ten caste of Manchets faire and good.

To make short Cakes.

Take wheate flower, of the fayrest ye can get, and put it in an earthen pot, and stop it close, and set it in an Ouen and bake it, and when it is baken, it will be full of clods: and therefore ye must searse it through a searce: the flower will haue as long baking as a pastie of Venison. When you haue done this, take clowted Creame, or els Sweet Butter, but Creame is better, then take Sugar, Cloues, Mace, and Saffron, and the yolke of an Egge for one dozen of Cakes one yolke is ynough: then put all these foresaid things together into the cream, & reper the al together, the put the to your flower
and

A new booke

and so make your Cakes, your paste wil be very short, therefore yee must make your Cakes very litle: when yee bake your cakes, yee must bake them vpon papers, after the drawing of a batch of bread.

To make leauened bread.

TAke sixe yolkes of Eggs, and a litle peece of Butter as big a Walnut, one handfull of verie fine flower, and make al these in paste, and all to beat it with a rolling pin, till it be as thin as a paper leafe, then take sweet Butter and melt it, and rub ouer all your paste therewith, with a feather: then roll vp your paste softly as ye would roll vp a scroll of paper, then cut them in peeces of thre inches long, and make them flat with your hands, and lay them vpon a sheet of cleane paper, and bake them in an Ouen or panne, but the Ouen may not bee too hot, and they must bake halfe an houre, then take some sweete butter and melt it, and put that into your paste when it commeth out of the Ouen, and when they are verie wet, so that they be not drie, take them out of your butter, and lay them in a faire dish, and cast vpon them a litle Sugar, and if you please, Synanon and Ginger, and serue them sooth.

To

To make Buttered Beere.

TAke thre pintes of Beere, put fve yolkes of Egges to it, straine them together, and set it in a pewter pot to the fyre, and put to it halfe a pound of Sugar, one penniworth of Nutmegs beaten, one penniworth of Cloues beaten, and a halfe penniworth of Ginger beaten, and when it is all in, take another pewter pot and bzeue them together, and set it to the fire againe, and when it is readie to boyle, take it from the fire, and put a dish of sweet butter into it, and bzeue them together out of one pot into an other.

A Purgation.

TAke an Duncce of Seene, and as much of Polipody, bzuiſe them, and lay them in ſleep with a litle Anniseed, and a litle Ginger bzuiſed in thre partes of a pinte of white wine, ſo let it lie all a day or a night: then ſeeth it to a quarter of a pinte, and in the morning dzinke it earlie.

Cancer, Scorpio, and Pilces: theſe thre be the beſt ſignes to take purgations in.

The



The order howve all

maner of meates should be serued
to the Table, with their pro-
per sawces both for
flesh and fish.

For fleshy dayes at Dinner:

The first course.

Pottage or stewed broth. Boyled meat or
stewed meat. Chickens and Bacon. Pow-
dered Beefe. Pies, Goose, Pigge, Roasted
Beefe, Roasted Aleale, Custard.

The second course.

Roasted Lambe, roasted Capons, Roasted Co-
nies, Chickens, Pheennes, Baked Venison,
Cart.

The first course at Supper.

A Sallet, a Pigs Petitoc, powdered beefe
sliced, a shoulder of Mutton or a breast, Aleale,
Lambe, Custard.

The second course.

Capons roasted, Connies roasted, Chickens
roasted, Pigeons roasted, Larkes roasted, a Pie
of

of Pigeons or Chickens, baked Venison, Tart.

The service at Dinner.

Brawn and Mustard. Capons stewed in white broth: a pestel of Venison upon brewes: A chine of Beefe, and a breast of Mutton boyled: Chewets or Pies of fine Mutton: three greene Geese in a dish, Sozrell sauce. For a stubble Goose, mustard and Vinegar: after Allhallowen day a Swanne, sauce Chaudyon: A Pigge: A double ribbe of Beefe roasted, Sauce Pepper and Vinegar. A loyne of Veale or breast, sauce Orenge: Halfe a Lambe or a Kid: Two Capons roasted, Sauce Wine and salt, Ale and salt, except it be upon sops: Two pasties of fallow Deere in a dish: a Custard: A dish of Leash.

The second course.

Jellie, Peacockes, sauce Wine and Sa'te: Two Cornies, or halfe a dozen Rabbits, sauce Mustard and Sugar: halfe a dozen of Pigeons, Mallard, Coyle, sauce Mustard and Vergious: Gullies, Stozke, Veronshew, Crab, sauce Galantine: Curlew, Vitture, Bustard, Feasant, sauce Water and Salt, with Onions sliced: Halfe a dozen Woodcockes, sauce Mustard and Sugar: Halfe a dozen Teales, sauced as the Feasants: A dozen of Quailles: a dish of Larkes: Two Pasties of red Deare in a dish: Carte, Ginger bread, Fritters.

Ser-

A new booke

Seruiſe for fiſh dayes.

Butter, a Sallet with hard Eggs : pottage of ſard Eeles and Lampernes, red Herring, greene broyled and ſtrowed vpon. White Herring, Ling Haburdine, ſauce Muſtard, ſalt Salmon minced, ſauce Muſtard and vergious, and a litle Sugar, powdered Conger, Shad, Mackerell, ſauce Vinegar: Whiting, ſauce, with the the liuer and Muſtard oz vergious. Thornback ſauce, liuer, and muſtard, Peppet and ſalt ſtrowed vpon, after that it is bzuiſed: Freſh Codde, ſauce Greene ſauce, Dace, Gullet, Eeles vpon ſops, Roche vpon ſops: Perch: Pike in Pike ſauce, Trout vpon ſops, Tench in Gellie oz Grefyll, Cuſtard,

The ſecond courſe.

Flounders oz Floukes, Pike ſauce : Freſh Salmon, freſh Conger, Bret, Turbut, Halibut ſawce Vinegar, Breame vpon ſops, Carpe vpon ſops, Soles, oz any other fiſhes fryed, Roſted Ele, Sauce the dzipping, Roſted Lampernes, roſted Porpoſe, freſh Sturgion, ſauce Valentine. Creuis, Crab, Shrimps, ſauce Vinegar: Baked Lapraz, Tart, Figs, Apples, Almonds blanched, Cheeſe, Raiſins, and Peares.

Fine Sauce for a roaſted Rabbet: vſed
to king Henric the eight.

T Ake a handfull of waſhed Parcelie, minced
ſmall

Small, boile it with butter and vergious vpon a chafingdish, season it with Sugar, and a little pepper grose beaten: when it is readie, put in a few crums of white bread amongst the others let it boile again til it be thick: then lay it in a platter, like the bredth of thre fingers, lay of each side one roasted Cony or mo, & so serue the.

To make sauce for a Capon with Orenge.

TAke red wine, Spumion, Sugar, Ginger, the graue of the Capon, or a little sweet butter: slice an Orenge thin, boyle it in the stuffe, when your Orenge be tender, lay them vpon your sops, mince some of the rynde and caste on the sops, and so serue them.

To make sauce for a Capon another way.

TAke Claret wine, Rosewater, sliced Orenge, Sinamon and Ginger, and lay it vpon sops, and lay your Capon vpon it.

To make sauce for Capons or
Turkie Foules.

TAke Onions, slice them thin, boile them in faire water til they be boyled drie, put some of the gray into them, & pepper grose beaten.

Sauce for Capons, Feasants, Partridges, or Woodcockes.

Onions sliced verie thinne, faire water and Pepper grose beaten.

Sauce for a roasted Stockdove.

A new booke

TAke Onions, mince them not too small, boyle them in a litle Claret wine, when they be boyled almost drie, put thereto vinigar, Sugar, Pepper, and some of the graue of the Stockboue.

Sauce for a shoulder of Venison,

TAke Vinigar crums of white bread, and the graue of the Venison, or some sweete butter and Sugar, Synamon, Ginger, and Pepper, boyle them together on a chafingdish of coales, and so serue them forth.

To make sauce for Mutton.

TAke Onions, slice them, boyle them in Clergious, cut a peece of lean Mutton that is almost roasted, mince it very small, put it to your sauce, let it boile altogether a good while, when you serue your mutton in, poure that vpon it.

A Chaldron for a Swan,

TAke red wine, tostes of white bread, straine them, put in Vinigar, boyle it on a chafingdish: put in a fewe Saunders, a litle Sugar, Synamon, Ginger, and Pepper, and so serue it in.

FINIS,

The table of all the principall matters contained in this Booke.

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A new booke

TAke Onions, mince them not too small, boyle them in a litle Claret wine, when they be boyled almost drie, put thereto vinegar, Sugar, Pepper, and some of the graue of the Stockdove.

Sauce for a shoulder of Venison,

TAke Vinigar crums of white bread, and the graue of the Venison, or some sweete butter and Sugar, Synamon, Ginger, and Pepper, boyle them together on a chafingdish of coales, and so serue them forth.

To make sauce for Mutton.

TAke Onions, slice them, boyle them in Clergious, cut a peece of lean Mutton that is almost roasted, mince it very small, put it to your sauce, let it boile altogether a good while, when you serue your mutton in, poure that vpon it.

A Chaldron for a Swan.

TAke red wine, tostes of white bread, draine them, put in Vinigar, boyle it on a chafingdish: put in a fewe Saunders, a litle Sugar, Synamon, Ginger, and Pepper, and so serue it in.

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